

DEPARTMENT OF PUBLIC HEALTH



COUNTY OF SAN BERNARDINO

OFFICE OF PUBLIC HEALTH ADMINISTRATION
351 North Mountain View Avenue, Third Floor ♦ San Bernardino, CA 92415-0010
(909) 387-9146 ♦ Fax (909) 387-6228

ALLAN RAWLAND, MSW, ACSW
Acting Public Health Director

TRUDY RAYMUNDO
Assistant Director of Public Health

MAXWELL OHIKHUARE, M.D.
Health Officer

FOR IMMEDIATE RELEASE

December 9, 2010
PSA # 10-95

CONTACT: Melissa Myers
Health Education Specialist I
TURN Program
(909) 387-6831

Give your Family the Gift of Health and Clean Air Create a Smoke-free Home Today

Take a step towards great health and put out cigarettes for good. Celebrate the holidays smoke-free. Give your family and yourself a wonderful gift of clean air by creating a smoke-free home. Kicking the habit for good saves families from being exposed to cigarette toxins.

Secondhand smoke is proven to be a deadly toxic chemical. Smoking in your home creates a hazardous environment for everyone inside. According to the Environmental Protection Agency (EPA), secondhand smoke contains over 400 toxins and 50 cancer-causing chemicals. These chemicals stay in the home and eventually seep into walls, floors, furniture, appliances and even clothing. Protect your family today. Quit smoking for good during this holiday season.

Even the briefest exposure to secondhand smoke can cause breathing problems and death for family members with respiratory illnesses. Take the steps towards health, quit today, and give your family the gift of health and clean air by creating a smoke-free home.

For more information on how to kick the habit for good, call the San Bernardino County Department of Public Health, Tobacco Use Reduction Now (TURN) program at 1-800-637-6653.

-more-

Gregory C. Devereaux
County Administrative Officer

Board of Supervisors	
BRAD MITZELFELT.....First District	NEIL DERRY.....Third District
JANICE RUTHERFORD.....Second District	GARY OVITT.....Fourth District
JOSIE GONZALES.....Fifth District	



###